

Meet our Patient Partner! Loretta Lee (AB)



I am a retired Master of Nursing that last worked with a PCN (Primary Care Network) as a patient manager with people that had chronic diseases. Ironically, as I have been a chronic disease patient (CKD pt) for over 30 years. I loved my job and was passionate about the art and science of nursing and all the ways you can help your patients.

Fortunately, I have always lived a healthy life, but things happen. My apparent mistake was not getting treatment for a strep throat infection, just after the birth of my daughter.

My interests in Can-Solve CKD and other initiatives proposed by other research bodies, has always been on my radar. I have followed the progress of University of Alberta nursing researchers, through Can-Solve CKD initiatives, making improvements in understanding the effects to mental health and in coping of patients living on dialysis. This is an immense change that involves many stressors on one's mental health. I have had the opportunity to learn researching skills and am up to date with various forms of patient involvement. I have been working with Kara Schick-Makaroff for 9 years. I am co-chair of the Alberta CAC committee and act as a patient advocate, providing input on the next stages of research, answering surveys, and provide opinions on proposed changes. This journey includes Can-Solve CKD education sessions.

My experience as a patient partner has been a learning curve and quite informative. Being part of a research team has provided insights into multidisciplinary team members and what each contributes from their own perspectives. I am also a patient that believes the saying of "nothing without me".

Environmental Scans of Mental Health Resources in Canada

We have completed environmental scans for each province and territory identifying free mental health resources. The resources ranged from general mental health tools to kidney-specific services and support groups. Please share widely with people experiencing kidney failure, as well as with health care providers who may be able to pass these along as a resource. If you see that anything is missing, outdated, not working, etc. please let us know. The lists will be maintained and updated.

Check it out at:
<https://healthyqol.com/kidney>

Canadian Society of Nephrology AGM 2024

May 2-4, 2024, in Montreal, QC.

Check out the presentations taking place during CSN!

- **Kara Schick-Makaroff & Karthik Tennankore:** Kidney Care and Mental Well Being: Taking Action, CANA Session on Friday, May 3, 2024 @ 10:30.
- **Yo Eun et al.:** Therapeutic Options for Mental Health Illnesses in Adults Receiving Dialysis: A Scoping Review
- **Schick-Makaroff et al.:** "Being so welcomed as a patient and partner." Person-centred pathway development for mental health care for Albertans receiving dialysis
- **Aquino et al.:** Developing an Inventory of Mental Health Supports Available to Canadians on Hemodialysis: An Environmental Scan

Can-SOLVE AGM 2024

May 5, 2024, in Montreal, QC.

The study team with representatives from across Canada is excited to be presenting both an oral presentation and a poster, highlighting the Mind the Gap project.

Ready, Set, SURVEY!

Our surveys to identify mental health concerns in people receiving in-centre hemodialysis are now being conducted! These surveys will be available online and distributed in Manitoba, Alberta & Nova Scotia.

Link:

<http://rcsurvey.radyfhs.umani-toba.ca/surveys?s=FFXDCKRLDJ7NJANC>



Next Steps

- 1.) CSN/Can-SOLVE AGM - May 2024
 - 2.) Mind the Gap website launch - June 2024
 - 3.) **Prioritizing Workshop - June 7th - 9th, 2024**
- Planning is ongoing! Please contact Oksana Harasemiw oharasemiw@sogh.mb.ca if you have any questions or would like to attend.